

The President's Challenge

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Early Fitness Pays Off, Study Finds

In a recent publication, The Journal of the American Medical Association reports that, "Participants with low fitness were three to six-fold more likely to develop diabetes, hypertension, and the metabolic syndrome (excess abdominal fat, elevated blood pressure and triglycerides and low levels of so-called 'good' cholesterol) than participants with high fitness." The conclusion of this study points to the fact that all individuals can help protect themselves from cardiac risk factors by maintaining their physical fitness. More about the findings of this study can be found at

<http://www.cnn.com/2003/HEALTH/diet.fitness/12/17/early.fitness.reut/index.html>

The Abstract of this study is also located at: <http://jama.ama-assn.org/cgi/content/abstract/290/23/3092?etoc>